

PERSONAL HEALTH: Do you have a cold or is it the flu?

You are not feeling well, your nose is running, your head is aching, your throat is sore, and you have been coughing all day. Do you have a cold or is it the flu? This article will help you tell the difference between the two viruses.

A cold is an inflammation of your upper respiratory tract caused by a virus. Although cold viruses are always around, you're more likely to be exposed when you spend most of time indoors in contact with other people. A cold virus enters your body through your mouth or nose. Colds usually spread by your hands making contact with hands of people who are suffering from a cold. Beware of sharing items like utensils, towels, and telephones; that's how this virus spreads. The symptoms that the cold usually starts out with are a runny nose and sneezing. Fever is something that is uncommon for a cold.

Flu is an infection in your nose, throat, bronchial tubes, and lungs. One of the first clues that you may have the flu is the suddenness



of your symptoms, which could be a fever, chills, headache, and fatigue. A temperature of 101 degrees Fahrenheit that lasts for about three days is common to the flu. Your muscles also ache, especially your back, arms, and legs.

As you feel the signs of a cold or flu coming on take inventory of the symptoms. You cannot cure the virus, but you can definitely treat the symptoms.

- Wash your hands often.
- Drink lots of fluids to keep secretions thin and to offset fluid loss due to fever.
- Rest in bed.
- Drink hot tea and honey or suck cough drops for sore throats.
- Eat chicken or other hot soups.
- Take proper over the counter drugs for fever, aches, running, and stuffy nose.

Since it's CHRISTMAS...

We thought you might want to help the reindeer unscramble some words, so he can go join in the reindeer games.

WEPMERO _____ RCAER _____
BISEALTII _____ CENEPINNDEE _____
NTEPMYTLOW _____



Answers: EMPOWER, ABILITIES, EMPLOYMENT, CAREER, INDEPENDENCE

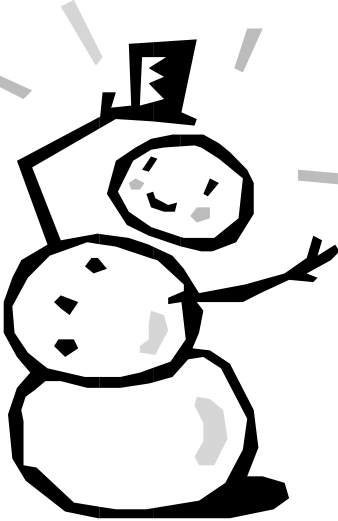


INDEPENDENCE

CCSHCN
WINTER 1999 ISSUE

KY TEACH PROJECT

Kentucky Youth Transitioning to Employment and Comprehensive Healthcare, KY TEACH, is a program designed to help you develop skills to find your own primary care provider, and



help you prepare for competitive employment with health care benefits. We will have activities, weekend retreats, and paid summer internships, where you

will have a chance to perform a job that you have interest in pursuing as a career. Look for additional information in the mail about activities planned and helpful resources. If you have any suggestions or if you are interested in the activities, call and express them to your social worker or nurse at the Commission.

Kentucky
Commission for CSHCN
Regional Offices and
Phone Numbers:

- Ashland**
606-920-2117
- Barbourville**
606-546-5109
- Bowling Green**
270-746-7816
- Edgewood**
606-578-5135
- Elizabethtown**
270-765-6982
- Hazard**
606-435-6167
- Hopkinsville**
270-885-9903
- Lexington**
606-252-3170
- Louisville**
502-595-4459
- Morehead**
606-784-3049
- Owensboro**
270-687-7038
- Paducah**
270-443-3651
- Salyersville**
606-349-7411
- Somerset**
606-678-4454



SUCCESSFUL LIVING

Rebecca Keefe is a social worker/peer counselor at Independence Place in Lexington. Rebecca was in a shooting accident at the age of fifteen, and suffered a injury to her spinal cord which left her paralyzed. Rebecca did not let the traumatic accident stop her from graduating from high school and starting college. She lived independently with roommates and attendants while attending the University of Kentucky where she received a bachelor's degree. After Rebecca



graduated, to her dismay she could not find a job. She felt it was because of the field she had chosen and the discrimination she suffered as a person with a disability. So after working several jobs that she was over qualified for, and volunteering at a nursing home, she decided to get a Master's Degree in Social Work. Rebecca has been married for 15 years and she enjoys her life with her husband and helping others cope with issues she has encountered in her own life.

THE NEW MILLENNIUM

What are you doing for the year 2000? The KYTEACH staff has decided that the year 2000 is the year for planning and setting goals. Have you thought about your career interest or what you are going to do after high school? If you answered no, then this is the perfect time to write



out a plan. List the careers you are interested in, do some research on what you need as far as education or training to obtain that goal and start setting a target date for achievement.

The time is ticking now.....



INDEPENDENCE PLACE OF LEXINGTON

Independence Place is a non profit organization that works with people of all ages and disabilities covered under the ADA. The goal is to help people maintain or obtain independence. The four core services are:

Information/Referral: Staff will answer any questions about the ADA, disability, accessible apartments in the Lexington area, and any other questions about resources.

Independent Living Skills Training: Director Wes Albright goes into client's homes and helps them learn to function as independently as possible.

Peer Counselor: is a person with a disability that counsels the clients on disability issues or just anything the clients want to talk about.

Advocacy: Staff writes letters to area businesses that do not comply

with the ADA. They strive to educate people/businesses about disabilities and the ADA. They also have a volunteer attorney that handles their ADA issues, and they talk to clients who feel they have been mistreated because of their disabilities, and teach them how to advocate for themselves.

Rebecca Keefe is facilitating a support group for people over the age of 18 and have a disability. They will discuss many different issues. If you are interested in receiving services or the support group, call or write to: Independence Place, 153 Patchen Drive, Suite 33, Lexington, KY 40517-4415 (606) 266-2807, email address: cwesalb@aol.com.

All services are free. There are also independent living centers in Louisville, Covington, Bowling Green and Harlan.